

**CURRICULUM**

Character Education, Language Arts

**MATERIALS**

Story of Dan Jansen: Olympic Speed Skater  
 Drawing paper  
 CD player, Governor's Music and Education Program CD and selection  
 "Dream with Me." Video player and video: "Dream with Me"  
 (Both the CD and video have been delivered to all elementary schools.)

## Dream With Me: Reaching Your Goals

This lesson discusses determination and overcoming discouragement when seeking to reach important goals. The story of speed skater Dan Jansen gives an excellent example of holding to a dream. Obtain a copy of the CD and video "Dream with Me" from the Governor's Music and Education Program.

### Objectives: STUDENTS WILL

- ▶ Discuss the ways in which Dan Jansen had a dream and worked to make his dream come true.
- ▶ Use writing and drawing to demonstrate how it feels to reach a dream.

### Introduction:

Ask students what exciting event is coming to Salt Lake City? What makes the Olympic Winter Games different from any other sport competition? (The best athletes in the world come together to compete in a spirit of sportsmanship and peace.) Explain that Olympians demonstrate a desire to achieve against all odds. Many athletes face great discouragement during their search for Olympic gold medal.

### Activity:

Read or have students read the story of Dan Jansen. Discuss how hard it is to work on a goal without becoming discouraged and giving up.

Show the video: "Dream with Me." Discuss the variety of sports and athletes filmed in the video. Every athlete was once in elementary school and had to deal with discouragement just as students do today. Athletes, who make it to the Games, learn how to never give up on their dreams.

What happens if we don't reach our goal? Discuss what happens if athletes work hard but do not make it to the Olympic Winter Games. Sometimes people alter dreams to meet new goals and find success. We can shine through defeat, as well as, through success, as long as we do our best and keep trying.

Pass out the words to "Dream with Me" from the Governor's Music and Education Program. Play the CD and teach the song.

After students are familiar with the song, discuss the words. What is the difference between the dreams we have while we are asleep and those dreams that we have for the future? Ask students if there have ever been times when they tried to accomplish a goal and kept failing. Have students share ways in which they might keep trying and not give up. Assign students to draw a picture of themselves reaching a favorite dream. Students may also write how they look and feel after sticking to their goals and reaching their dream.

## Dream with Me

Music by Sam Cardon Lyrics by Don Stirling and Additional lyrics by Sam Francis  
 “Dream with Me” from the Governor’s Music and Education Program™ “Light the Fire Within”

I can scale the highest mountain  
 I can make a winning goal  
 Touch the furthest star that I can reach for  
 I can conquer every challenge  
 I can vanquish every fear  
 I’ll reach for the sky

Dream with me  
 Of moments in the sun  
 Of new friendships and fun  
 Of a lifetime of memories  
 Dream with me  
 Of stepping to the stand with a medal  
     in my hand  
 Dream with me  
 Dream with me

I can soar just like an eagle  
 Rise up with all my might  
 Twisting and turning and land feather light  
 I believe that I can do it  
 Stand up to every test  
 I’ll try and I’ll try

Dream with me  
 Of moments in the sun  
 Of new friendships and fun  
 Of a lifetime of memories  
 Dream with me  
 Of stepping to the stand with a medal  
     in my hand  
 Dream with me

I can run as fast as lightning  
 Score a perfect ten  
 Cheer for a teammate  
 Try and try again

Dream with me  
 Of moments in the sun  
 Of new friendships and fun  
 Of a lifetime of memories  
 Dream with me  
 Of stepping to the stand with a medal  
     in my hand  
 Dream with me  
 Dream with me



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